



# Crumbed Tofu 'Sushi' Bowl

with Sesame Greens & Wasabi Mayo



Grab your Meal Kit with this symbol



Garlic



Ginger



Basmati Rice



Green Beans



Asian Greens



Cucumber



Wasabi Mayonnaise (Optional)



Mayonnaise



Japanese Tofu



Panko Breadcrumbs



Sesame Oil Blend



Black Sesame Seeds

Hands-on: 25-35 mins  
Ready in: 30-40 mins

Enjoy all the flavour and fun of sushi without the fuss in this easy deconstructed dish. Start with garlic-ginger rice, add crisp panko-crumbed tofu, sesame-flavoured greens and crisp cucumber, then drizzle with wasabi mayo to tie it all together.

### Pantry items

Olive Oil, Butter, Soy Sauce

## Before you start

Our fruit and veggies need a little wash first!

### You will need

Medium saucepan with a lid · Medium frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
ginger	1 knob	2 knobs
butter*	20g	40g
basmati rice	1 packet	2 packets
water* (for the rice)	1½ cups	3 cups
salt*	¼ tsp	½ tsp
green beans	1 bag (100g)	1 bag (200g)
Asian greens	1 bunch	2 bunches
cucumber	1	2
wasabi mayonnaise (optional)	1 tub (40g)	2 tubs (80g)
water* (for the mayo)	2 tsp	1 tbs
mayonnaise	1 tub (40g)	2 tubs (80g)
Japanese tofu	1 packet	2 packets
panko breadcrumbs	1 packet	2 packets
sesame oil blend	½ tub (7.5g)	1 tub (15g)
soy sauce*	drizzle	drizzle
black sesame seeds	1 sachet	2 sachets

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	4110kJ (981Cal)	930kJ (222Cal)
Protein (g)	30.2g	6.8g
Fat, total (g)	55.3g	12.5g
- saturated (g)	10.1g	2.3g
Carbohydrate (g)	87.4g	19.8g
- sugars (g)	3.7g	0.8g
Sodium (g)	963mg	218mg

### Allergens

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)



## 1. Cook the garlic-ginger rice

Finely grate the **garlic** (or use a garlic press). Finely grate the **ginger**. In a medium saucepan, heat the **butter** and a **dash of olive oil** over a medium heat. Add the **garlic** and **ginger** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water (for the rice)** and **salt** to the pan and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



## 4. Cook the tofu

When the rice has **10 minutes** cook time remaining, heat a medium frying pan over a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, add the crumbed **tofu** and cook until golden, **2-3 minutes** each side. Transfer to a plate lined with paper towel and season with **salt** and **pepper**.

**TIP:** Turn the tofu gently to prevent the crumbs falling off!



## 2. Get prepped

While the rice is cooking, trim and halve the **green beans**. Roughly chop the **Asian greens**. Thinly slice the **cucumber**. In a small bowl, combine the **wasabi mayonnaise** (if using) and **water (for the mayo)**.

**TIP:** Wasabi has a strong horseradish flavour so use less if you aren't a fan or add a little plain mayo from the pantry to mellow the flavour. Adding water to the wasabi mayo makes it easier to drizzle.



## 5. Cook the sesame greens

Wipe out the frying pan and return to a medium-high heat with the **sesame oil blend** (see **ingredients list**). Add the **green beans** and cook until nearly tender, **3-4 minutes**. Add the **Asian greens** and cook until wilted, **1-2 minutes**. Season with **salt** and **pepper**.



## 3. Crumb the tofu

In a medium bowl, add the **mayonnaise** and pieces of **Japanese tofu**. Toss to coat. In a second medium bowl, place the **panko breadcrumbs**. Add the mayo-coated **tofu** and toss to coat. Set aside on a plate.



## 6. Serve up

Divide the garlic-ginger rice between bowls. Top with the crumbed tofu, sesame greens, cucumber and drizzle with the wasabi mayo (if using). Drizzle with a little **soy sauce** if you like, and sprinkle with the **black sesame seeds**.

**Enjoy!**